



Senior Guide

Resources and Activities



COURTESY OF THE
SOUTH PASADENA SENIOR CENTER
(626) 403-7360

WWW.SOUTHPASADENACA.GOV/SENIORCENTER

*Community Services
Department Information*

Senior Center

1102 Oxley Street
Monday - Friday 8am - 2pm
(626) 403-7360

Dial A Ride

1102 Oxley Street
Monday - Friday 8am - 4pm
(626) 403-7368

Recreation Division

815 Mission Street
Monday - Friday 10am - 6pm
(626) 403-7380

City Hall

1414 Mission Street
Currently closed to the public due to
COVID-19 but accessible by phone
(626) 403-7200

City of South Pasadena

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WE MISS YOU TERRIBLY!



Message from Staff

It goes without saying that we continue to miss all of our participants! We hope that this book continues to provide some fun while we remain safer at home during this time.

We would also like to take this time to inform you that we are creating content to help make your "safer at home" just a bit more enjoyable. Visit the Senior Center's web page and Facebook soon to check out some videos of activities we've begun to compile for you or even some cool monthly themed activity packs for you to enjoy!

Updates, updates, updates...

Dial A Ride

Dial A Ride continues to provide rides to your destination at this time! Hours are currently 8am - 4pm Monday - Friday. Please ensure your destination is open before scheduling your ride!



Senior Center

The Senior Center will unfortunately remain closed as LA County continues to remain in its current phase. We are still available 8am - 2pm Monday through Friday.

We have some exciting new programming in the making and we hope that you will get to enjoy them soon! Some things to look out for? A new craft kit we're trying to create, along with videos made from the Senior Center staff!

HEALTH AGING HIGHLIGHTS

Many people make assumptions about what it is like to grow "old" and how older age will affect them. It's important to understand what is and is not a normal part of aging. Read on below to learn about some common misconceptions about aging.

Depression and loneliness are normal in older adults



As people age, some may find themselves feeling isolated and alone. This can lead to feelings of depression, anxiety, and sadness. However, these emotions are not a normal part of aging. Growing older can have many emotional benefits that are not always apparent such as long-lasting relationships with families and a lifetime of memories to share.

We understand that times are tough but there are program offered to help combat loneliness! Warmlines/Chatlines are designed to aid people who are having a difficult time coping with the stress and social isolation currently happening. Check out some down below!

WARMLINES / CHATLINES

- GoldenTALK: 1-888-60-GOLDEN (1-888-604-6533)
- LA Warmline: 1- 855-952-9276
- California's Peer Run Warm Line: 1-855-845-7415
- Mental Health Center: 1-800-854-7771 (24/7 ACCESS Center Helpline)
- Disaster Distress Helpline: 1-800-985-5990 / 1-800-846-8517 (TTY for Deaf/Hard of Hearing)

HOTLINES

- National Domestic Violence Hotline: 1-800-799-SAFE (1-800-799-7233)
- Adult Protective Services (APS): 1-877-4R-SENIORS (1-877-477-364677)



The older I get, the less sleep I need.

As people age, they may find themselves having a harder time going to sleep or staying asleep. Older adults need the **same amount of sleep as all adults do (7-9 hours)!**

Getting all that sleep can help you keep healthy and alert!

Older adults can't learn new things.

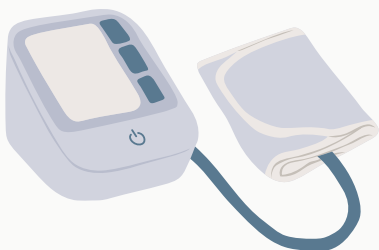
This is not true at all! Trying and learning new skills may even improve cognitive abilities. Let's try to learn something new!



It is inevitable that older people will get dementia.

Dementia is not a normal part of aging. Occasionally forgetting an appointment or losing keys are typical signs of mild forgetfulness (which is common!) You should talk with your doctor if you have serious concerns about your memory and thinking.

DON'T FORGET



My blood pressure has lowered/ returned to normal, so I can stop taking my medication...

High blood pressure is a very common problem for older adults and can lead to serious health problems. Make sure to consult with your doctor about possibilities for safely changing/stopping your medication.



If a family member has Alzheimer's, I will have it too...

A person's chance of having Alzheimer's disease may be higher if there is a family history of dementia because of genes, that increase the risk of Alzheimer's.

Make sure to learn about your family health history and talk with your doctor about your concerns.

Only women need to worry about osteoporosis

Although women are more commonly diagnosed with osteoporosis, men can still be affected by it. What puts you at risk? Commonly they are the same things as those in women such as: not enough calcium, smoking, and too little exercises.



I'm "too old" to quit smoking...

Regardless of your age or however long you have smoked, quitting can improve your health. Smokers who have quit have fewer illnesses such as colds and flus **and** an overall better feeling of well-being.

It's never too late to reap the benefits of quitting smoking and setting a healthy examples for your loved ones. For resources on how to quit smoking, please see below!

Smokeyfree60+

(877) 448-7848

Smokeyfree.gov

1 (800) 784-8669

Veterans Smoking Hotline

1 (855) 784-8838



Now that I am older, I will have to give up driving.

This is not true! In fact as we all continue to age, almost 1 in 5 drivers are aged 65 years and older.

The question of when it is time to limit or stop driving should pertain to your ability to drive safely and not your age!



Smart Driver Online Courses

AARP is offering Smart Driver classes virtually as in-person classes are still on hold. To participate for online classes follow these steps!

Visit www.aarp.org/drive

Please note that the course costs are:
\$21.95 for AARP members & \$27.95 for non-members.

Older adults should take it easy and avoid exercise so they don't get injured.

As we age, exercising can actually do more good than harm for you! Inactivity is more to blame than age when older people begin to lose the ability to do things on their own.



**Make sure to check out our website
for a Chair Yoga with Kathy!
Coming mid-September!**

Reminder... Take to take a break and enjoy the little things!

Your mental health is the thing supporting you the most right now as we remain safer at home.
Take a break when you begin to feel...

You can't focus



You're running empty...



Messages of Inspiration

live
laugh
love

slow &
steady

enjoy
every
moment.

Do it for
yourself

DO WHAT
YOU LOVE

LA County Resources

The following resources listed here are provided through LA County. Please feel free to review these resources or provide them to others as well.

- For individuals seeking food assistance, you may visit the Food Bank pantry locator at this website:
<https://www.lafoodbank.org/find-food/pantry-locator/>
- For individuals seeking additional food, income, or Coronavirus assistance and resources, you can call 2-1-1 (available 24 hours) or visit their website:
<https://www.211la.org/>
- If you have lost your job, or need assistance, please apply for CalFresh and other potential benefits. You may apply online or by calling 1 (866) 613-3777. Website:
<http://dpss/lacounty.gov/wps/portal/dpss>



Huntington Hospital Flu Vaccine Clinic!

Huntington Hospital will provide Flu Vaccines to South Pasadena Senior Citizens on Wednesday, September 23, 2020 from 8:30am - 10:30am **by appointment only.**



The clinic will be held outside the South Pasadena Senior Center adhering to COVID-19 protocols to ensure everyone's safety!

South Pasadena Seniors should call the Senior Center at (626) 403-7360 to make an appointment.

Senior Citizen Center's Grab & Go

STEP 1

Call the Senior Center
48 hours in advance
at (626) 403-7360
to schedule a
pick up date.

HOW IT WORKS

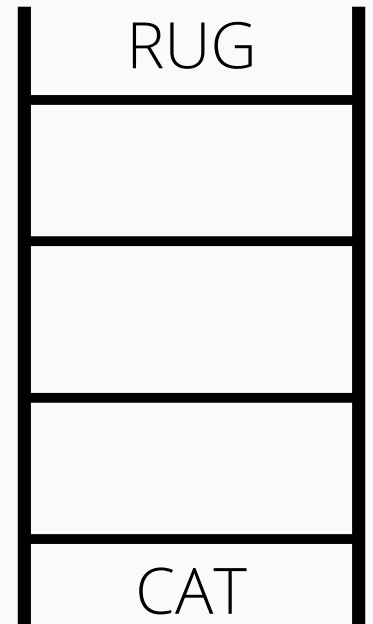
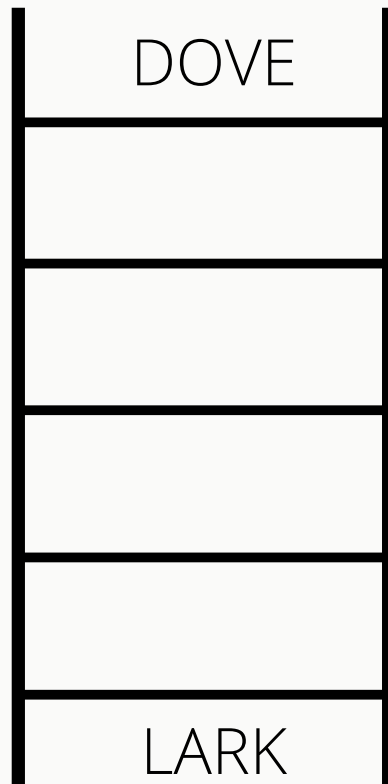
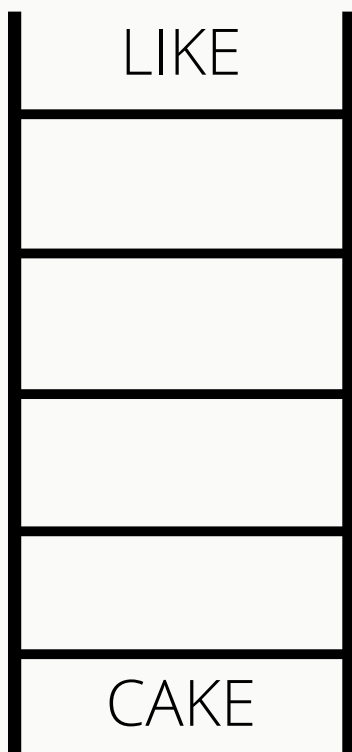
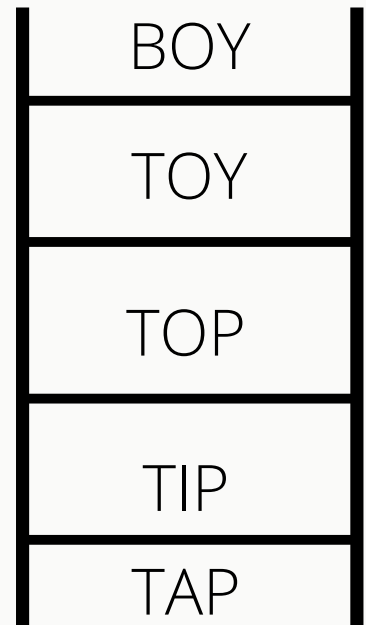
STEP 2

Drive-up on pick up
day between
12:30PM - 1:30PM,
and staff will bring
out your meal!

Activities & Games

WORD LADDERS!

A word ladder puzzle has two words in the ladder, one at the bottom and one at the top. You must form a sequence of words (a word ladder). On every step of the ladder you must place a new word that only differs one letter than the previous word.



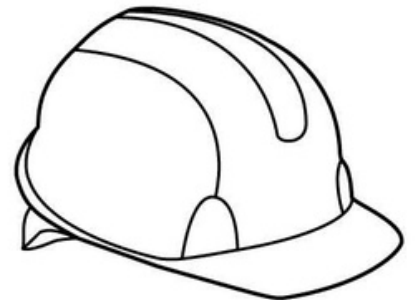
WORD SEARCH!

Instructions: Try to find all of the hidden Labor Day words in the word search puzzle below. (Words can be spelled forwards, backwards, diagonally, up, or down.)



Word List

BREAK	LABOR	RELAX
COMMUNITY	OFFICE	SCHOOL
DAY	PARADE	SUMMER
HOLIDAY	PARTY	WEEKEND



COLORING PAGES





